



## The Renaissance Convention Center hosts the 33<sup>rd</sup> Annual I.F.B.B. Central American & Caribbean Championships this weekend

Aruban news media welcomed Lt. Colonel Bruce Barclay, President of the CAC along with Christine Williams, Executive Secretary of the IFBB and Charmaine Dalzine, Executive Director of the CAC during a press conference held at the Renaissance Hotel on Wednesday afternoon. Lt. Barclay, traveling here from Jamaica is accompanying a team of bodybuilders that will be competing this weekend during the International Federation of Body Building championships for the Central American & Caribbean (CAC) Division. By Wednesday, Giovanni Arends, President of the A.B.P.A reported over 150 participants are expected from twenty-one countries, with more last minute entries quite likely.

In addressing the gathering on Wednesday, Lt. Col. Barclay, from Jamaica, a former competitor turned trainer stated, "Body Building is the mother of all sports," elaborating on the fact that all athletes, in no matter what sport they participate, need to practice bodybuilding to enhance their performance and achieve optimal performance. He also emphasized that the competitors have already pre-qualified in their home countries, so that the audience will be seeing posing performances by "the best of the best," promising what will be a very exciting show. The Male and Female Overall winners plus the Fitness winner will be eligible for their "Pro Card" and there will be competitions in seven categories for the men and three for the women, and three categories in the Fitness and Body Fitness competitions. The judging panel are all IFBB certified international and continental members.

Weigh-in for the competitions is Thursday from 6 to 9 pm in the Caribbean room of the Renaissance Marina Tower. The Semi-Final competition will be on Friday, and the Finals on Saturday in the Convention Center beginning at 4 p.m.

The officials of the CAC particularly emphasized the stringency of their "doping" procedures, and that strict testing for steroids and other performance enhancement drugs will take place amongst the winners after the competition. Unacceptable levels of testosterone in the blood indicating the use of such banned substances will result in the loss of the title and being banned from competitions for two years. The CAC President wished to make certain that all participants are aware of the fact that the CAC is determined to "insure that the athletes are kept clean at the amateur level. Athletes should be prepared to face the consequences they face if using banned substances."

Ms. Dalzine commented that it "is a great pleasure to be back in Aruba" since the last competition in 1991, and that event was "one of the most magnificent CAC competitions, and set the stage that every other county hosting the CAC had to live up to that standard."

The CAC officers and the Aruba Bodybuilding and Powerbuilding Association plan to do their utmost to insure a fabulous, exciting event. Abel Kelly, the winner of the title of Mr. Aruba 2005 will be competing on behalf of the island, amongst many others that took the number one place in their divisions during the Aruba Championships at the end of last month. The committee encourages islanders to come out in force to support and encourage their countrymen, and to overdose on eye candy over the weekend.